

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: SMALL QUANTITY FOOD DEMONSTRATION

Code No.: FDS124

Program: FOOD PREPARATION BASIC

Semester: WINTER

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Dean, Business & Hospitality

92-01-02
Date

SMALL QUANTITY FOOD DEMO

FDS124

Course Name

Course Code

COURSE LENGTH: 30 Hours - 2 single periods per week

REQUIRED TEXT: "Professional Cooking", by Wayne Gisslen

PURPOSE:

The demonstrations in this course will reinforce both the theory of food and small quantity food labs. This will show students the proper preparations, cooking methods and serving suggestions. The students are also able to see and taste the products.

STUDENT EVALUATION:

Attendance will be taken in each class. Each demonstration is only performed once so your attendance is compulsory. This is then calculated into your Small Quantity Food Labs.

SMALL QUANTITY FOOD DEMONSTRATIONS

DEMO #1: INTRODUCTION TO THE KITCHEN

- Review and examine the different types of cooking tools and equipment: stock pots, sauce pans, brazier, saute pan, roasting pan, hotel pan, double boiler, sheet pan, portion scale, ladles, skimmers, chinos, china cap, wire ships, sieve, colander, zester, pastry bags and tubes
- Different methods and uses are demonstrated for the above equipment

DEMO #2: KNIVES, HAND TOOLS, AND SMALL EQUIPMENT

- Examine the French or Chef's knife, utility knife, paring knife, boning knife, slicer, serrated slicer, butcher knife, sharpening stone, steel
- Demonstrate the proper sharpening methods for the above knives
- Demonstrate the different cutting techniques and the basic cutting shapes and sizes. Brunoise, small dice, medium and large dice, juliene, batonnet

DEMO #3: STOCKS AND PREPARATIONS

- Demonstration of the preparations of: mirepoix, white mirepoix, sachet, bouquet garni, blanching bones, browning bones
- Demonstration of brown stock, white stock, chicken and fish

DEMO #4: STOCKS AND GLAZES

- Demonstration of the set-up for cooling stocks in a cold water bath
- Procedure for preparing glazes
- Demonstrate beef glaze, chicken and fish glaze

DEMO #5: SAUCES AND THICKENING AGENTS

- Demonstration of roux - basic preparation for making a white, blond, or brown roux
- Other thickeners examined are beurre manie, cornstarch, white wash, egg yolk and cream liaison
- Demonstrate: Bechamel, Veloute, Espagnole, Tomato Sauce

DEMO #6: LEADING AND SMALL SAUCES

- This demonstration will show the main uses of the leading sauces:

 Espagnole -- Demiglaze -- Sauce Robert
 Chicken Veloute -- Supreme Sauce
 Bechamel -- Mornay Sauce
 Tomato -- Creole Sauce

DEMO #7: BUTTER SAUCES

- This demonstration will involve the clarification of butter, method of preparing Hollandaise -- Mousselines Sauce and Bearnaise
- Compound butters such as Maitre d'Hotel Butter, Escargot Butter, and Anchovy will be prepared

DEMO #8: CLEAR SOUPS AND GARNISHES

- Demonstration of French Onion, Chicken Noodle, Beef Consomme, and Tomato Bouillon and their appropriate garnishes. This class shows the very important clarification process of consomme.

DEMO #9: THICK SOUPS AND GARNISHES

- Demonstration of Cream of Mushroom soup which is thickened with a roux and liaison. Puree of Split Pea soup that is naturally thickened. Clam Chowder and Lobster Bisque will also be prepared and properly garnished.

DEMO #10: SPECIALTY AND NATIONAL SOUPS

- This will consist of a demonstration of Vichyssoise, Borscht, Minestrone, and Gazpacho soups. This is a combination of hot and cold soups that will be appropriately garnished.

DEMO #11: EGG COOKERY

- The most important rule of egg cookery is a very simple one: **avoid high temperatures and long cooking times.** In this section, we take a look at proper cooking and serving methods for:
 - a) Simmering in the shell
 - b) Procedure for poaching eggs
 - c) Fried eggs with its different variations
 - d) Scrambled eggs
- All items will be plated and properly garnished

DEMO #12: BREAKFAST PREPARATIONS (EGG COOKERY)

- Demonstration of the following items:
 - a) Poached Eggs Benedict
 - b) Shirred Eggs and Variations
 - c) Omelets - French, Plain, Souffle
- All items will be plated and served with suitable sauces and garnishes

DEMO #13: SALAD DRESSINGS

- Most of the basic salad dressings can be divided into three categories.
 - a) Oil and Vinegar - most unthickened dressings
 - b) Mayonnaise-based
 - c) Cooked dressings
- Demonstration of the following dressings:
 - a) Mayonnaise
 - b) Vinaigrette
 - c) Tomato French
 - d) Cooked Salad Dressing
 - e) Thousand Island

DEMO #14: SALAD PREPARATIONS

- There are four basic parts of a salad: Base, Body, Garnish and Dressing. Salads may or may not have all four parts. A demonstration showing preparation and arrangement of the following salads:

- a) Tossed Salad Greens
- b) Chef's Salad Plate
- c) Fruit Salad Plate
- d) Potato Salad

DEMO #15: GELATIN SALADS

- This demonstration highlights the guidelines for making gelatin salads. Both fruit and vegetable salad will be shown.

- a) Ginger Ale Salad
- b) Fresh Vegetable Mold
- c) Niagara Peach Mold

DEMO #16: COLD SANDWICHES

- This section by demonstration illustrates different spreads, meats and poultry, cheese, fish and shellfish
Example of demo:

- a) Club House Sandwich
- b) Tuna Salad Sandwich
- c) Cheese and Egg Sandwich
- d) Chicken Salad Sandwich

- The above items are all presented with a variety of garnishes

DEMO #17: HOT SANDWICHES

- Demonstrate preparation and suitable garnishes for the following sandwiches:

- a) Hot Roast Turkey Sandwich
- b) Reuben Sandwich
- c) Monte Cristo Sandwich
- d) Hot Roast Beef Sandwich

DEMO #18: HOT SANDWICHES (cont'd)

- Demonstration showing preparation and suitable garnishes for the following:
 - a) Toasted Western Sandwich
 - b) Beef Burger
 - c) Grilled Cheese
 - d) Grilled Swiss and Bacon

DEMO #19: FRESH VEGETABLE PREPARATION

- Demonstration of the proper washing, soaking, peeling, and cutting of fresh vegetables. Preparation and cooking methods of the following:
 - a) Artichokes
 - b) Cauliflower
 - c) Broccoli
 - d) Asparagus
 - e) Carrots
 - f) Kohlrabi
 - g) Tomatoes

DEMO #20: POTATO COOKERY AND PREPARATIONS

- Demonstration of the proper washing, soaking, peeling, and cutting of fresh vegetables. Preparation and cooking methods of the following:
 - a) Garlic
 - b) Cabbage - Red and Green
 - c) Celery
 - d) Onions, Leeks, Shallots
 - e) Mushrooms
 - f) Spinach
 - g) Watercrest

DEMO #21: POTATO COOKERY AND PREPARATIONS

- Demonstration of the proper washing, peeling and storage of fresh potatoes:
 - a) Tourneing Potatoes
 - b) Parisienne Potatoes
 - c) Sauteed Potatoes
 - d) Baked and Stuffed Potatoes
 - e) Anna Potatoes
 - f) Lyonnaise Potatoes

DEMO #22: POTATO COOKERY

- Demonstration of the preparations and cooking methods for the following:
 - a) Potato Puree
 - b) Mashed Potatoes
 - c) Duchesse Potatoes
 - d) Croquette Potatoes
 - e) Dauphinoise Potatoes

DEMO #23: POTATO COOKERY

- Demonstration of the preparation and cooking method for the following:
 - a) Scalloped Potatoes
 - b) Potatoes au Gratin
 - c) Potato Pancakes
 - d) French Fries
 - e) Gaufrette Potatoes

DEMO #24: RICE COOKERY

- Demonstration of the cooking methods for the following:
 - a) Steamed Rice
 - b) Boiled Rice
 - c) Wild Rice
 - d) Rice Pilaf
 - e) Fried Rice

DEMO #25: PASTA AND DUMPLINGS

- Demonstration of the making of fresh egg pasta used in:
 - a) Fettuccine
 - b) Lasagna
 - c) Linguine
- Preparation of spaghetti sauce served with penne and spaghetti
- Preparation and serving of spaghetti

DEMO #26: ENTREE PREPARATIONS

- The following items will be prepared and presented to the student:
 - a) Braised Swiss Steak
 - b) Beef Stroganoff
 - c) Swedish Meatballs
- The above items will be plate presented and students are able to taste the end product

DEMO #27: FISH COOKERY

- The following items will be prepared and presented to the students:
 - a) Coquilles Ste. Jacques
 - b) Broiled Fish Fillets
 - c) Battered Cod Fillets - Deep Fried
 - d) Shrimp Saute
- The above items will be plated and presented. Students are able to taste the end product.

DEMO #28: PORK COOKERY

- The following items will be prepared and presented to the students:
 - a) Roast Loin of Pork
 - b) Sweet and Sour Pork
 - c) Pork Chop MacIntosh
- The above items will be plated and presented and students will be able to taste the end product

DEMO #29: POULTRY COOKERY

- The following items will be prepared and presented:
 - a) Chicken Breast Cordon Bleu
 - b) Stuffed Chicken Legs
 - c) Stuffed Cornish Game Hen
 - d) Roast Duck

The above items will be plated and presented and students will be able to taste the end product

- This is a demonstration which will show different methods of preparing show pieces suitable for buffets, Sunday Brunch, etc. Displays covered.

- a) Ham in Aspic
- b) Turkey Chaud Froid
- c) Glazed Salmon